

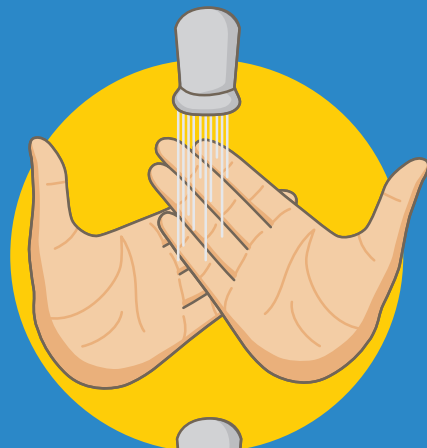
# SIX STEPS TO CLEANER HANDS AND FEWER GERMS IN SCHOOL

## PROPER HANDWASHING TECHNIQUE

Bacteria and viruses can live for more than two days on many surfaces. The best way to help protect yourself is proper and frequent handwashing. Proper handwashing involves thorough scrubbing of hands under warm water with soap for a full 20 seconds before rinsing and drying with a clean towel.<sup>1</sup>

## BE SURE TO WASH:<sup>2</sup>

- Before eating
- After using the restroom
- After touching animals
- After blowing one's nose, coughing or sneezing
- After being outside



### 1. WET

Wet your hands with clean, running water



### 2. LATHER

Add soap and create a rich lather



### 3. WASH

Rub your hands together for 20 seconds



### 4. RINSE

Rinse your hands well under running water



### 5. DRY

Dry your hands with a clean paper towel



### 6. PROTECT

Use the paper towel to turn off the faucet

#### SOURCES

<sup>1</sup> <http://www.nsf.org/consumer-resources/studies-articles/germ-studies/germiest-places-schools/>

<sup>2</sup> [http://kidshealth.org/parent/general/sick/hand\\_washing.html#](http://kidshealth.org/parent/general/sick/hand_washing.html#)